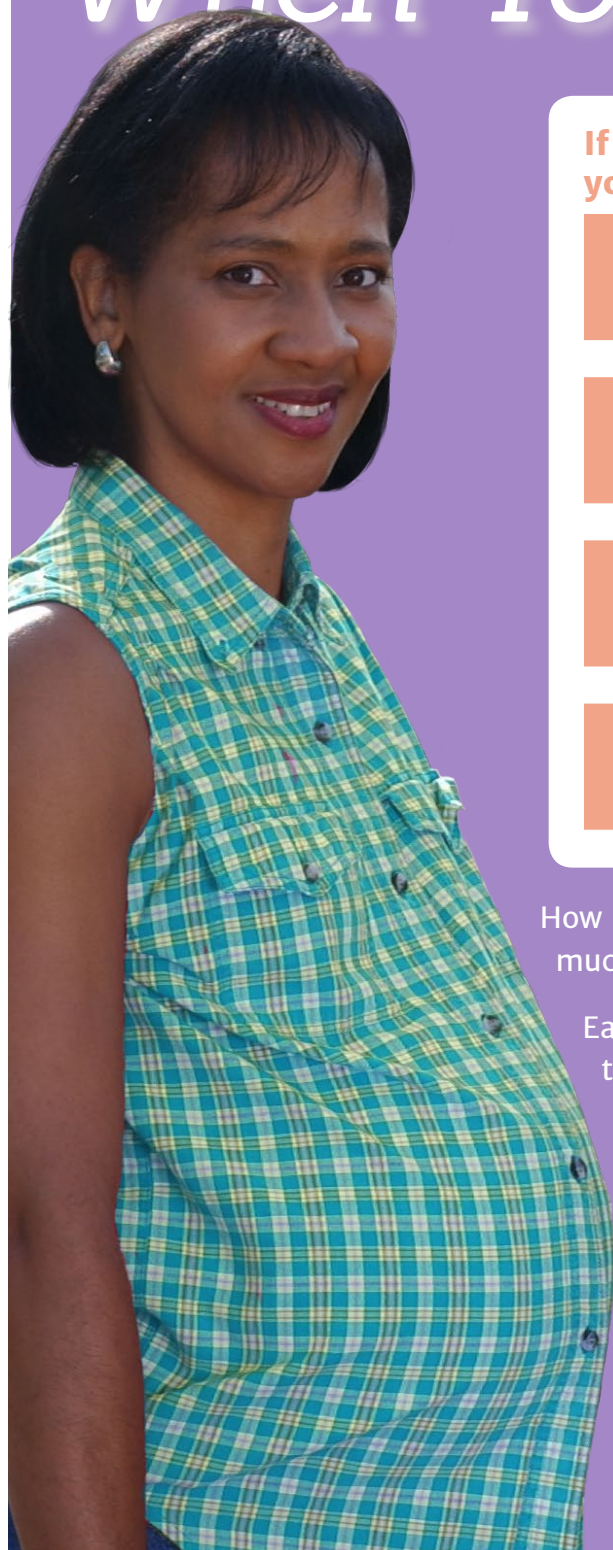


How Much Weight Should You Gain When You're Pregnant?



If before pregnancy you are...

During pregnancy you should gain...

Obese

11-20 lbs

Overweight

15-25 lbs

Normal (healthy) weight

25-35 lbs

Underweight

28-40 lbs

How much you weigh before becoming pregnant is important. How much weight you gain during pregnancy is very important too!

Eating well is key. Many women think they need to eat double the amount of food they ate before pregnancy, but that is not true. What you need is about one or two extra healthy snacks during the day. Include a variety of foods in your diet, like fruits, vegetables, whole grains, protein and dairy. Eating well will not only help you stay healthy and feel your best, but will also provide your growing baby with the best nutrition.

Did You Know:

Your baby can taste some of the flavors of the foods you eat during pregnancy. That's one reason to eat smart!



Where Does it Go?

In addition to your growing belly, you may have noticed the rest of your body changing. Weight gained during pregnancy is not just the baby; you will have weight gain all over your body to help your growing baby. The picture shows a woman who gained a healthy amount of weight during pregnancy.



Did You Know:



At 4 months of pregnancy your baby is already growing hair, nails, and bones. Keep eating well so your baby keeps growing strong!

